

UKUJONGANA NOXHWALEKA KOMPHEMFUMLO, IXHALA NOXHOMEKEKA NGELIXESHA LECOVID-19

Ngelixesha le COVID-19 abantu ababe thanda kukuhluthswa lu xinzelelo lomphfumlo, amaxhala okanye ukuxhomekeka kwi zoyobisi banga ngaziva mnandi ngoko ngezekileyo. Oku kuya vakala.

1. Ukuba ugqirha wakho ukunike amayeza, suku watshintsha ngaphandle koku thetha nogqirha wakho.
2. Ukuba uno mcebisi, yenza icebo uthethe naye efownini okanye kwi intanethi.
3. Ukuba awunaye umcebisi, ube ungaziva mnandi, fonela iinombolo zoncedo – bona iindidi enzantsi.
4. Jonga iindidi zeenombolo zoncedo kwi intanethi.
5. Khumbula ukuba utywala neziyobisi zizo kwenza uzive kakubi mpela.
6. Funa inxaso. Zimanye neezihlobo nosapho lwakho kwi intanethi okanye ngefowni.
7. Zijonge. Suku zijaja. Unako udlula kwesi simo.

Iinombolo (Qhubeka uzama hleze babambekile)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others
- Lifeline general 0861 322 322 and their AIDS Helpline 0800 012 322
- SANCA for Alcohol and Drug problems WhatsApp line 076 535 1701
- Childline 0800 055 555

For more info and helplines visit www.sidebyside.co.za or www.pmhp.za.org